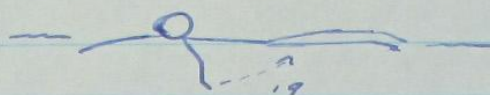


## 2. Back Float & Face Float.

1. Assume bk. float pos. A's horiz.
2. Push lt. A again water, turn H & Shlds to lt.
3. At same time swing lt A out over water.
4. Finish w both A's extend. fwd & B. on face.



## 3. Face Float & Right Side.

1. Bring lt. A which is extended fwd. down to side of B & at same time turn H to lt. & look bk. over lt. Shld.
2. Don't turn H. 2 far. or lt. A. back beyond lt. side.

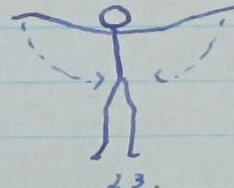
## 5. Elementary Back Stroke.

\* All strokes - fingers 2gether, thumbs close, Hds. cupped.

### A. Hand Drill for Arms -

A. St. erect, A's close 2 side & chin in.

Round 1. - Hds 2 shlds. Elb bk & close 2 B. finger point down. til Hds reach shlds, then finger pt. diag. outward & upward.



Round 2. - Ext. A's diag. outward  $\frac{1}{2}$  between horiz & upw. pos.

" 3. Pull A forcibly 2 sides. Pause at end of pull.

### B. Hand Drill for legs.

Sit down & lean upper body bk on Hds.

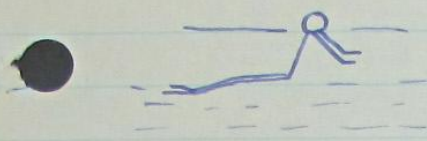
Round 1 - Keep L's straight & 2gether - toes pointed.

" 2. - Draw L's up. H's 2gether - spread kns.

" 3 - spread L's easily apart - toes leading.

From spread position drive the legs forcibly together. Hold L's 2gether, toes extended, pause after drive. 480

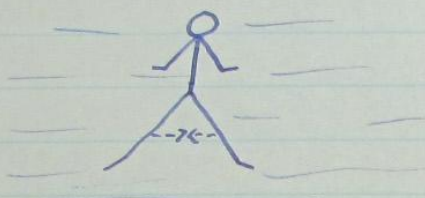




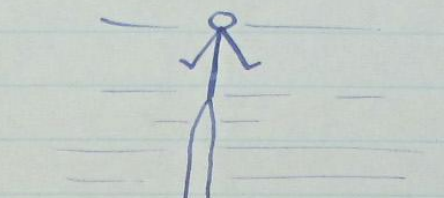
24.



25.



26.



27.

### C. Practice A's & L's Together on Land.

St. w/ft. together & A's at side. Practice A & B using 1 h. & 2 A's as follows:-

● Ex I - Keep L's still. Move A's 2 Shlds. as described.

● Ex II - Bd 1 h turn. Kn outwd. Move A diag to  $\frac{3}{4}$  reach pos.

Ex III - Move L outwd. & bring it w snap 2 other h. & some time pull A's to sides. Hold pos. w A's at sides & L's together. 1st, L. then other.

Breathing - Inhale thro' mouth while resting w A's at sides & L's together. Exhale while doing stroke.

### 2. Water Drill.

1. Practice whole movt in water start from Bk. floor.

#### A. Arms -

1. Take float pos. supporting L's. by grasping gutter rail with toes or by having another hold ft.

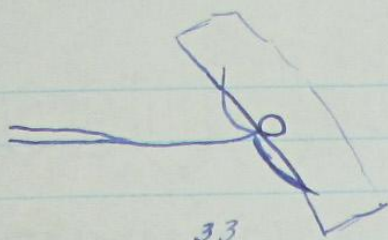
2. Concentrate on A. movements only.

#### ● B. Legs -

1. Face centre of pool, grasp gutter rail w hds. over shlds. & extend L's fwd.

2. Concentrate on h movt only





33.

### The Proper Position of Body.

1. Keep B. straight.
2. Keep chest up. H. well bk & chin in.



## Swimming Analyzed.

Gertrude Lobo.

### The Crawl -

#### 1. The Kick -

1. Six-beat mostly used.
2. Straight kick - motions narrow & even, thrust unbroken. Has no accent in timing.
3. Avoid 2 vigorous a kick - ones. stiffer moves outward.
4. In 6 beat kick - emphasize 1<sup>st</sup> & 4<sup>th</sup> beats.
5. No. counted on down. drive of each L. 1-2-3 on pull of 1 A. & 4-5-6 on recovery on same A.

#### 2. The Arms -

1. A. work alt - 1 pulling while other recovers <sup>than Hq.</sup>
2. A. enters wat. well in front of B. w. el. slightly higher
3. Pull starts w. Hd. & is down towards B.
4. As A comes 2 surface is relaxed & lifted w. palm turned slightly outward.
5. Then moved fwd. over water.
6. After Hd. passes shld. line should be extended fwd. in front of B. with el. slightly higher than Hd. ready for entry.

#### 3. Body Position -

1. B. side water in plane pos. w. H. higher than ft.
2. Shlds. level as possible.
3. Under shld will be lowered when H. turned 2 inhale but top shld. should not be lowered.
4. Rolling B 2 much is a fault.

#### 4. Breathing -

1. Inhale once every complete A. cycle & always on same side.
2. For short sprints no. of inhalations should be cut down.



### 5. Practice -

1. Stroke practiced slowly.
2. Too fast emphasis on faults.
3. Practising in ~~Stroke~~<sup>parts</sup>, flutter boards may be used w swimmers or kick alone.
4. To practice A's, tie h's to-gether loosely & work on A's.



## Swimming.

Victor F. Lawson.

### Swimming For Children:

1. Inspire confidence by playing in water.
2. Enter water waist deep with child on your back.
3. Speak to him while doing this.
4. Bend slowly so as to cover child's shld.
5. After awhile bot so face submerged.
6. Start land drill - Breathing. In thro' mouth.
7. Sec. later close - air out thro' nose.
8. Practice til natural & rhythmically.
9. Place across chair or sand. Throat (A) fwd. as if reaching.
10. Withdraw, try with other - alt. Withdraw at hip.
11. L's almost straight, toes turned in a bit, 3" apart move gently up & down.
12. From hips with slight play at knees.
13. Relaxed movt of ft & A's.
14. Never let alone in water.
15. Use hands, then wings - releasing soon.
16. Instinctively master "puppy paddle".

### "The Modern American Crawl Stroke."

Three Actions - 1. Leg. 2. Arm. 3. Breathing.

#### I. Leg -

1. 6-beat kick - 3 up & down movts of each leg to a complete cycle of A's.
2. Legs 1" apart - equal amt. of strength.
3. " straight but loose.
4. Toes pointed inward slightly.
5. Knees or ankles not taut.



6. When kicking ft not break surface of water.
7. Strong leg drive desirable.

#### iv Arms.

1. Forearm & hd. form a straight line, palm down & flat, fingers closed.
2. Elbow bit higher than hds. Look at eye.
3. Extend it. A comfortable dist. in front on line
4. Pull hd. & A down. sd elbow abt til reaches hip.
5. As hd. pulled out of water turn palm toward body, but when emerged turn palm down, relax hd. til ready & then pull.
6. Hd. pull & emerging speedily as possible.
7. As it. hd. reaches hip, lt. hd. start down.
8. Wont rise. A 2 high place A in wat. short dist. in front of H. Let A glide fwd. under wat. a space. Hold straight & then pull down. hand to hip.
9. Body straight - back slightly arched.

#### v Breathing:-

1. Practise in & ex. taking in bath tub or basin.
2. Inhale thru' mouth upon each complete cycle of A's.
3. As hd. cuts wat. turn H loosely & side following H on wave, open mouth & suck in air.
4. As other hd. reaches fwd. turn H back, eyes open & empty lungs gently but completely thru' nose.
5. When inhaling turn only R. not entire B.



# Swimming.

Davies.

## Chp. II - Fundamentals.

### A - Courage.

1. Confidence in instructor - believe in ability.
2. Encouragement.
3. Start w group work - holding hds. of neighbors.
4. Head-Face Float, Tuck Float, Elem. Bk. stroke.
5. Rudimentary strokes coordinated.
6. Endurance by crossways in shallow wat.
7. Swimming in deep wat., short at 1<sup>st</sup> & shallow.
8. Guard not to fear persil.

### B - Breathing.

1. Rhythmically on every complete stroke.
2. Not too deeply. - easy normal breaths.
3. Exhale after turning H. for air.
4. Inhalations thro' mouth, lips easily apart.
5. Exhalations " nose, or lips.

### C - Body Balance.

1. W. beginners little acquired. determined by natural buoy.
2. Means - relation of H. Bk. H's L's & water level.

#### Faults -

1. H. 2 low in wat. or held 2 high. - 2 rigid not bad L & B.
2. Bk. too hyperextended curve - bd at hips. B. on 2 diag. line.
3. Rolling B from side 2 side.
4. L's hang down - wide apart - bd. at kns.
5. H's pulling from blow surface 2 it tends to submerge B - overbalance.

Corrections - B. in easy, horizontal straight line - no motions in wrong directions to pull B out of Bal.



## D - Stroke Analysis.

Part or Part-Whole or Whole.

## E. Coordination.

Methods - 1. Teacher know whether whole or part-whole.

2. "Whole" - stroke as whole - demonstration & allow class to try it.

3. Analyzed after.

4. Part-whole - stroke dissected, work on each & then co-ord. to whole.

5. This should come easily as knowing other above parts.

## Method of Presentation. (Chp III)

### A. Beginners -

1. Simple group work - kds joined, walk across pool, ducking in & out.

2. Breathing Ex.

3. Face Float - preceded by teaching correct rise.

4. Modified Crawl.

5. True Float - preceded.. ..

6. Elementary Back Stroke.

7. Sitting "fall-in".



## The Crawl

Wassers.

### Analysis -

#### I. Body Position and Balance.

1. B. in prone pos. straight line from H 2 toe, slightly diag. in wat. - L's lower than H.
2. Neck in bk. just below Sld B's, slight throwing sk. of H.
3. No bd. in neck, hips or kno.
4. Face cuts wat. any place from lower part of HA 2 chin.
5. Slight roll 4 breathing.

#### II. Arms -

1. R drive & recover alt.
2. Rt A, palm down & hd cupped, 4A slant down from alb. so finger cut wat 1<sup>st</sup>, elbow slightly sk. enters wat. to depth of 1", grasping wat & then starts its drive.
3. Drive contin' til A ready 2 come 4 recovery, completes  $\frac{1}{2}$  arc.
4. Greatest force during centre  $\frac{1}{2}$  of driving arc. Pos - below Sld 2 below wrist.
5. Hd. enter wat. ahead of Sld - never across.
6. As drive ends palm turns in slightly toward B.

#### Recovery -

1. Hd as comes out - little finger side up, elbow sk + out 64 hd.
2. Elbow high pt. - 4A + hd completely relaxed.
3. A straightens out 2 side & swings around in side arc 2 drive pos, slowly rotating this out this motion 2 palm down pos 5 -
4. 4A. w. el. high swings fwd. from palm-up pos 2 palm-down pos, finger tips leading & so pushes fwd 2 drive pos.

#### "Catch" Position -

1. In finishing recovery - Hd. + A ready 2 grasp wat. in "catch" pos.
2. A must not reach <sup>out</sup> ahead 4 wat. & make Sld go out of line.
3. Co-ordinate A with other - drive R, recover L. then immed. drive L & recover R.